

## Cancer Alliance renamed as Humber and North Yorkshire Cancer Alliance



### Humber and North Yorkshire Cancer Alliance

Welcome to the latest edition of the Cancer Alliance's stakeholder newsletter. At first glance, you may have noticed that the newsletter has changed its appearance compared to previous editions, which can be viewed [here](#).

We are pleased to announce that Humber, Coast and Vale Cancer Alliance has been renamed as the **Humber and North Yorkshire Cancer Alliance**, effective from Friday, 1st April.

The Cancer Alliance has changed its name to align with our local integrated care system (ICS), the Humber, Coast and Vale Health and Care Partnership, which has been renamed as the Humber and North Yorkshire Health and Care Partnership.

Subsequently, the Cancer Alliance has also adopted a new logo (see above) and the new ICS brand colours. The look of our newsletter and other communications has therefore been updated to reflect our new branding.

Integrated care systems (ICSs) are partnerships of health and care organisations, local government and the voluntary sector. They exist to improve population health, tackle health inequalities, enhance productivity and help the NHS support broader social and economic development.

Subject to Parliamentary approval, ICSs will be put on a statutory footing from Friday, 1st July 2022, and will operate in shadow form for the next three months.

Although the Cancer Alliance's name and branding has changed, our primary objective remains: to transform the diagnosis, treatment and care for cancer patients in our region.

Simon Cox, Programme Director, Humber and North Yorkshire Cancer Alliance, said: "We have changed our name to Humber and North Yorkshire Cancer Alliance and updated our branding to reflect our continued alignment to the local integrated care system, the Humber and North Yorkshire Health and Care Partnership, which we have been part of since the Cancer Alliance was established in 2016.

"Our Cancer Alliance name and branding might have changed but we remain committed to improving outcomes for cancer patients across our region. Our primary objective continues to be to transform the diagnosis, treatment and care for cancer patients in the Humber and North Yorkshire area.

"As always, we look forward to working with our wide range of partners and stakeholders – including NHS organisations; local authorities; the voluntary, community and social enterprise sector; patients; and the public – to achieve our long-term ambitions."

As part of the rebrand, the Cancer Alliance's website and social media channels have also changed. For more information about the Humber and North Yorkshire Cancer Alliance please visit [www.hnycanceralliance.org.uk](http://www.hnycanceralliance.org.uk). We can also be found on Facebook ([/HNYCancer](https://www.facebook.com/HNYCancer)) and Twitter ([@HNYCancer](https://twitter.com/HNYCancer)). You can find out more about our local integrated care system, the Humber and North Yorkshire Health and Care Partnership, at: [www.humberandnorthyorkshire.org.uk](http://www.humberandnorthyorkshire.org.uk).

Simon Cox  
Programme Director  
Humber and North Yorkshire Cancer Alliance

## Raising awareness about prostate cancer: Andrew Markham's story



Patient stories

Andrew Markham, a Warehouse Operative from Brigg, was diagnosed with prostate cancer last year, aged 63. Andrew is sharing his experience to encourage other men to be more aware of their risk.

In my late 50s, I had a problem with my tummy. I spoke to my GP, who asked me if I'd been tested for prostate cancer. I hadn't so I went along for a PSA test\*.

*\*A PSA test measures the amount of a prostate specific antigen (PSA) in blood. It's normal to have a small amount of PSA in the blood but a high PSA level can be an indicator of cancer.*

The results came back at just over four, which is a little high, but not hugely concerning. Because my PSA was slightly high, I had a PSA test every six months.

It always fluctuated between 3.9 and 4.2 and therefore seemed okay. This was until a test in December 2020 showed my PSA had gone up to 4.6 despite a lack of any other symptoms, so the consultant suggested I have an MRI scan.

In May 2021, I received an MRI scan at Scunthorpe General Hospital during which the doctors found a lesion on my prostate. I then had a biopsy. My appointment took all morning and I had 15-20 samples taken but my wife, Jenny, and I were given plenty of cuppas – the nurses were brilliant.

Two weeks passed and the results came – I had cancer.

I was given a choice between radiotherapy, hormone treatment or surgery. I decided to have surgery in November 2021 to remove the tumour.

I have been recovering since then. I'm still tired, in pain, and have been off work for six months, but I'm happy to have found my prostate cancer.

Prostate cancer doesn't always have symptoms, so I'd encourage all men to **use the Prostate Cancer UK risk checker** and contact their GP if they have a higher risk.

### Cancer Alliance supports national awareness campaigns

To help improve cancer awareness and early diagnosis of cancer across Humber and North Yorkshire, the Cancer Alliance supports national and local campaigns and awareness dates.

In March, the Cancer Alliance supported a '**Find the Missing Men**' campaign which was created by NHS England and NHS Improvement, in partnership with Prostate Cancer UK.

The campaign aimed to find more than 14,000 men in the UK who need treatment for prostate cancer but have not yet come forward for a diagnosis.

As prostate cancer rarely has symptoms that would prompt men to visit their GP, the campaign also encouraged members of the public to share a **30-second risk checker** which helps men to understand their risk of prostate cancer.

During the same month, the Cancer Alliance also lent its support to the latest cancer campaign launched under the NHS's now well established Help Us Help You brand, which focused on addressing the fear people feel when they think they might have cancer rather than concentrating on specific cancer symptoms.

A **full list of 2022 cancer awareness dates** and information about other campaigns, such as **NHS cervical screening**, can be found on the **Cancer Alliance website**.

Awareness and Early Diagnosis

## Cancer Alliance staff spotlight: Clinical nurse specialists



The role of a cancer clinical nurse specialist can often be challenging but is always rewarding, as **Vicky Dixon**, who has worked as a haematology advanced cancer clinical nurse specialist at York and Scarborough Teaching Hospitals NHS Foundation Trust for 23 years, testifies.

She said: “The word cancer still naturally conjures up imminent or impending death for most people. Part of my role is helping people to adjust to having a cancer diagnosis and explaining how we can, in a lot of situations, attempt to rid them of it completely. My role involves supporting people to continue living their lives and finding normality in everyday life.”

**Lynne Buckley** works as a Macmillan Gynaecology-Oncology clinical nurse specialist at Hull University Teaching Hospitals NHS Trust.

She said: “I support women and their families through cancer diagnosis, treatments and beyond. Every day is different, most days involve breaking bad news, managing expectations, ensuring that women have the information they need to be able to make decisions about their care and that their holistic needs are met.

“The best part of my role is knowing that you have done your best for that person in front of you and they feel valued and that their needs have been met.”

Latest figures published by Yorkshire Cancer Research reveal that 218 people in Humber and North Yorkshire are diagnosed with cancer every week. As part of their care, people living with and beyond cancer across Humber and North Yorkshire are supported by cancer clinical nurse specialists and their support staff.

The role of the cancer clinical nurse specialist varies slightly according to the specific cancer but ultimately they offer a wealth of expert support and information, both clinical and non-clinical, to the patient and their families.

She said: “The best part of my job is helping people cope through and with very difficult situations. Helping and caring for people with cancer gives you a constant sense of perspective and a strong belief and strength in the power of kindness and compassion.”

**Louise Salt** is a colorectal/stoma clinical nurse specialist at Northern Lincolnshire and Goole NHS Foundation Trust. Having worked in the NHS for 41 years, Louise has supported a lot of patients through their cancer journey.

## Lung Health Check service on the move in Hull

In February 2022, the NHS lung health check service in Hull began inviting eligible participants from the north of the city, and the service has since welcomed over 1,500 people for their first assessment.



Those who qualified for a follow-up CT scan have also attended appointments onboard the lung health check mobile unit. The unit is currently located at North Point Shopping Centre and will shortly be moving to the Tesco Superstore on Hall Road.

The NHS lung health check service, which originally launched in west Hull in January 2020, is helping to diagnose cancer and other respiratory diseases at an earlier stage, often when no symptoms are present.

As the service moves around the city, participants who wish to quit smoking are also offered expert advice and support.

People who live in Hull aged from 55 to 74, who smoke or used to smoke, and are registered with a Hull GP will be offered an NHS lung health check.

If you or a family member are invited to take part in an **NHS lung health check**, book your appointment straight away.



## New Cancer Alliance Facebook page

The Humber and North Yorkshire Cancer Alliance would like to invite you to [follow its new Facebook page](#) which contains the latest news from across the Cancer Alliance.

Follow us to learn more about our work and discover opportunities to get involved with the Cancer Alliance's many initiatives.



Living With and Beyond Cancer

Patients at Northern Lincolnshire and Goole NHS Foundation Trust (NLaG) are benefitting from a system designed to improve follow-up care for people affected by cancer.

NLaG has become the first hospital trust in Humber and North Yorkshire to introduce a digital remote monitoring system that provides faster access to test results and care records; and reduces the number of appointments required by patients at low risk of recurrence.

## Helping to support faster diagnosis of bowel cancer



Healthcare staff across Humber and North Yorkshire are piloting new initiatives to support patients to complete a faecal immunochemical test (FIT).

A FIT test identifies blood in stool samples and helps GPs determine if a patient, experiencing symptoms of bowel cancer, needs to be placed on an urgent cancer referral. To get a FIT result, patients must collect their faeces using a specially designed kit.

Approximately 10% of patients (250) from areas covered by Hull University Teaching Hospitals NHS Trust and York and Scarborough NHS Hospitals Foundation Trust, fail to receive a FIT result each month due to submitting an incomplete test. This can lead to delays in diagnosis.

To support faster diagnosis and to reduce the number of repeat GP appointments, the Cancer Alliance has commissioned a pilot which will see the laboratories at the Scarborough, Hull, and York Pathology services take over the management of failed FIT tests.

Instead of repeat GP appointments, the laboratory will post another kit to the patient and provide tailored guidance about what to do differently next time.

A City Health Care Partnership district nursing team has begun taking FIT kits to housebound patients and is working with GPs and laboratory staff to ensure patients can access kits and know how to use them.

## Hospital trust introduces technology to improve follow-up care for cancer patients

Instead of attending routine follow-up appointments, patients on a **personalised stratified follow-up pathway** will receive individual care plans which help them to self-manage their condition.

The system ensures patients who require tests following treatment can manage their care whilst being monitored by their hospital team. It also helps to improve patient experience by providing access to online advice and guidance. Other forms of communication are available if the patient does not have access to a digital device.

Stuart Baugh, Clinical Director, Humber and North Yorkshire Cancer Alliance, said: "Personalised stratified follow-up, including the use of remote monitoring systems, is helping to improve patient experience and outcomes while addressing the challenges of demand and capacity throughout cancer pathways.

"Humber and North Yorkshire Cancer Alliance is working with partners to ensure more patients can benefit from remote monitoring systems across our region."